

HealthQuest

Wellness Champion Network Monthly Webinar

Thursday, January 14th - 11:00-11:45 am

Agenda

- **☐** Welcome New Champions!
- Leadership Development
 - With Special Guest Jack Bastable
- ☐ "Water Works" Challenge January 18th, 2016 February 12th, 2016
- ☐ Nurse24
- ☐ January HQ Seminar
- ☐ January EAP Webinar

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Welcome New Wellness Champions!!



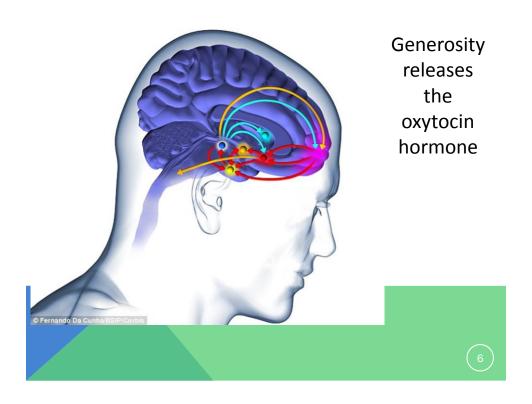
For 2016

As a leader and HealthQuest Wellness Champion, what's the one thing or concept that will have the greatest impact on my personal wellbeing and my co-workers?



Generosity





Science: Happy and Healthy Life

 Oxytocin is a hormone that helps relax and reduce blood pressure and cortisol levels.
It increases pain thresholds, has anti anxiety effects, and stimulates various types of positive social interaction.
☐ Promotes growth and healing.
☐ Support one's physical health
☐ Enhance one's sense of purpose and naturally fights depression
☐ Shown to increase one's lifespan.
Generosity
☐ In my relationships
☐ With my resources of time and money
□ With my resources of time and money□ With my skills and knowledge
☐ With my skills and knowledge
☐ With my skills and knowledge

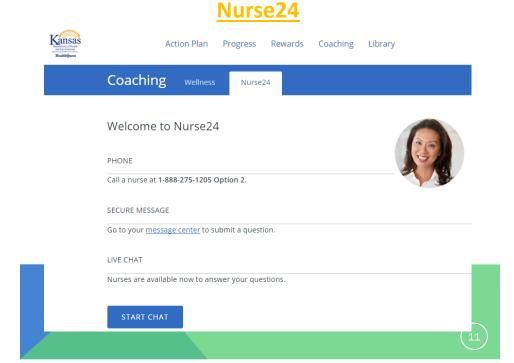
Resources

- ☐ How Our Brains Make us Generous http://greatergood.berkeley.edu/article/item/how_our_brains_make_us_generous
- ☐ Oxytocin Hormone http://www.raysahelian.com/oxytocin.html
- ☐ Benefits of Generosity http://www.huffingtonpost.com/lisa-firestone/the-benefits-of-generosit b 5448218.html
- ☐ The Giving Way to Happiness http://psychcentral.com/lib/the-giving-way-to-happiness-stories-science-behind-the-life-changing-power-of-giving/
- ☐ Simple Giving http://thirdeyemom.com/2015/10/27/book-review-simple-giving-easy-ways-to-give-every-day/
- ☐ Want to Be Happy, Stop Being Cheap https://newrepublic.com/article/119477/science-generosity-why-giving-makes-you-happy

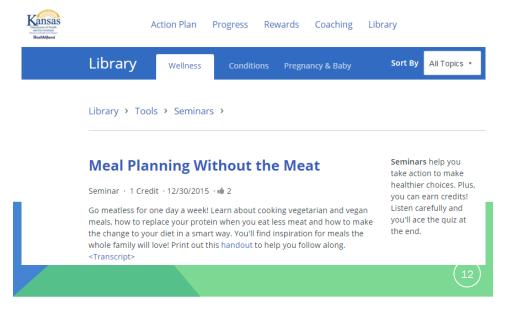
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"Water Works" Challenge





January 2016 Seminar Available on the Portal 1/1/16



January 2016 EAP Webinar

Wednesday, January 20th, 2016 3:00 p.m.

Mindfulness: Being Present in Your Work and Life

The idea of mindfulness or being mindful is complete engagement in the present moment. Mindfulness is about waking up to the present moment and paying attention to our experience. Learning mindfulness is not difficult; however, it is difficult to remember to do it. This training discusses mindfulness and how to incorporate its practice into your life.

Register at: https://attendee.gotowebinar.com/register/8971585344727469313



EAP Monthly Webinars

☐ These monthly webinars provide valuable learning opportunities for growth and personal/professional development.
January and February are planned but looking for feedback to schedul the rest of 2016
Please review the attached list and submit a topic you would like to se covered in 2016 by January 21st.



Thank You for Joining Us Today!!

Next Meeting is Thursday, February 11th

✓ 11:00-11:45 am

Secret Question:

Open Questions / Comments



